

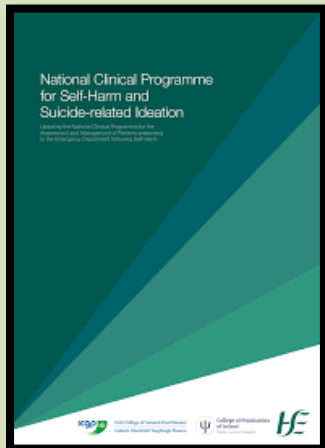


National Clinical
& Integrated Care Programmes
Person-centred, co-ordinated care



NATIONAL CLINICAL PROGRAMME FOR SELF-HARM AND SUICIDE-RELATED IDEATION

National Clinical & Integrated Care Programmes



The NCP SHI – A LOOK BACK AT 2023

Working together to improve services for all who self-harm or present with suicide-related ideation, regardless of where they present.

2023

4 Pillars of the NCP SH

**Empathic,
Compassionate
Response**

**Expert
Interventionist
Assessment** including
Emergency Care Plan

**Next of Kin involved
at assessment and
discharge planning**

**Follow-up and
bridging to next care**

WELCOME

Welcome to the National Clinical Programme for Self-Harm and Suicide-related Ideation (NCP SHI) look back at 2023. We present a summary of the highlights both successes and challenges we have faced as a National Clinical Programme.

The NCP SHI's vision remains clear. We continue to ensure the clinical programme is embedded into everyday clinical practice so that every individual who presents to General Practice, Emergency Department, Community Mental Health Team or CAMHS following self-harm, or with suicide-related ideation, will receive a timely expert assessment of their needs, and is connected to appropriate next care. Central to the vision of our programme is that the individual and their family are valued and supported, by staff who themselves are valued and supported. This will only be possible by continuing our work with our teams and partners in the Regional Health Authorities, our voluntary sector and with our patients and carers and the wider public.

We extend our gratitude and appreciation to all individuals who have diligently worked under challenging conditions as the impact of the Covid pandemic continues to be experienced. We would like to also thank everyone for their continued support and compassion to continue to improve the interventions and advocate for people who self-harm or have suicide-related ideation.

As we look to 2024, we look forward to cementing these relationships and championing the work further.

We hope that when you read this you are proud of the achievement we, as a collective, have made and continue to make, and we look forward advancing this further in the year ahead.

Professor Vincent Russell

Ms Rhona Jennings

Dr Katerina Kavalidou

Ms Sally Lovejoy

SERVICE DELIVERY

The four pillars of intervention for people presenting either to the Emergency Department or to Primary Care include: a compassionate and empathic response, an expert biopsychosocial assessment, family/carer involvement and an emergency care with bridge to next care.

EMERGENCY DEPARTMENT

The National Clinical Programme is now delivered in all 26 adult Emergency Departments that are open 24/7.

The programme funds 49 posts in the ED.

An audit of the mental health assessment rooms within the EDs implementing the NCP was completed. The finding of greatest concern was that the dedicated room for such assessments was found to be no longer present in the EDs of eight acute hospitals. A summary report was sent to each hospital, prepared from clinical activity data that was provided by the hospital on the delivery of the NCPSHI programme within the ED setting.

PRIMARY CARE – SUICIDE CRISIS ASSESSMENT NURSE SERVICE (SCAN)

Since 2022 the governance for SCAN is now part of the NCPSHI.

SCAN is operating in 13 counties with 20 staff.

As approx. 50% of NCPSHI referrals are for suicide ideation alone so there is considerable scope to develop the SCAN service nationally in primary care, including in a CAMHS context. There is one CAMHS SCAN service in North Dublin.

SITE VISITS



SITE VISITS

The team continued to conduct on-site visits across the HSE to assist, review progress and to provide assistance to service providers in the delivery of NCP SHI.

Between 2022 and 2023 the team have completed site visits to all 26 teams that are implementing the programme in the Emergency Departments. In addition we met with some SCAN services.

We have been fortunate to observe remarkable achievements made by the teams.

ED MENTAL HEALTH ASSESSMENT ROOM AUDIT

Mental health assessment rooms pre and post COVID-19 within Irish acute emergency departments.

ABSTRACT

INTRODUCTION

The Covid-19 pandemic triggered general preparedness measures for Irish Emergency Departments (ED), by introducing streaming processes of Covid and non-Covid pathways. Clinicians in several countries identified a risk that pressures on the healthcare system could result in care for vulnerable groups, including people with mental disorders, being deprioritised. Given that the reconfiguration of ED pathways to manage Covid and non-Covid patients has impacted substantially on the nature and structure of work in the ED setting, it was timely to re-audit the mental health assessment rooms in the EDs implementing the National Clinical Programme for Self-Harm and Suicide-related Ideation (NCPSHI).

AIMS

To explore the potential impact Covid-19 had on the mental health assessment rooms within Irish acute hospital Emergency Departments.

METHOD

The Psychiatric Liaison Accreditation Network (PLAN, 2022) 7th Edition clinical practice standards was used to develop a self-audit tool. All 26 acute hospital EDs and one Children's Hospital ED that implement the NCPSHI were sent the self-assessment audit tool via email to complete. The self-assessment audit tool was supplemented by telephone calls to all sites to confirm accuracy of the responses. To enhance the rater-reliability of the audit, direct observations of the mental health assessment rooms were conducted during on-site visits by members of the national NCPSHI team. Results were analysed and compared to an audit completed by the NCPSHI in 2018.

RESULTS

To our knowledge, this is the first study to explore the impact of the Covid 19 pandemic on the quality of the physical environment for urgent mental health assessment in acute hospital emergency departments. In summary, the finding of greatest concern was that a dedicated room for such assessments was found to be no longer present in the EDs of eight acute hospitals which had met this standard at the time of the initial survey in 2018. In addition, among those hospitals that continued to provide a dedicated mental health assessment room in the ED, there was evidence of a reduction in the level of compliance with several key items in the PLAN standards.

CONCLUSION

Our findings suggest that overall deterioration in the quality of the physical environment for mental health assessments in the ED, between 2018 and 2022, is attributable to reconfiguration of care pathways and physical redesign during Covid 19 pandemic. Mental health care in the ED setting should be better integrated in planning the service response to similar events in the future.

SUICIDE CRISIS ASSESSMENT NURSE SERVICE

SUICIDE CRISIS ASSESSMENT NURSE (SCAN) SERVICE PROGRESS SO FAR

- March 2023 national SCAN steering group established
- Terms Of Reference for the national SCAN steering group agreed
- 2 SCAN nurses commenced with the Mayo services
- A National Operational Guidance Document was developed for the SCAN service
- Ongoing meetings established between SCAN CNS group and NCPSHI
- Cavan, Monaghan and Louth reconfigured local CNS posts and recruited for CNS in SCAN
- The National Operational Guidance Document was completed and signed. It was sent to all local management teams for general circulation. This aligned operationally existing and new services
- A CAMHS SCAN service was piloted in North Dublin
- NCPSHI continued to link with services delivering SCAN
- National Nurse Lead established meetings with the SCAN CNS to progress national peer clinical supervision for the group.
- All 6 posts funded from 2022 budget have been recruited.
- Progression continued on the development of data templates and dictionaries for SCAN data collection.

SUICIDE CRISIS ASSESSMENT NURSE SERVICE

WTE: 22

- Adult SCAN Services
- CAMHS SCAN Services



RECRUITMENT

**NCP SHI ARE NOW OPERATING
IN ALL 26 ED OPEN 24/7**

SCAN
**POSTS THAT WERE FUNDED IN 2022
ARE NOW ALL RECRUITED.**

6 WTEs

FIVE YEAR DATA REPORTS

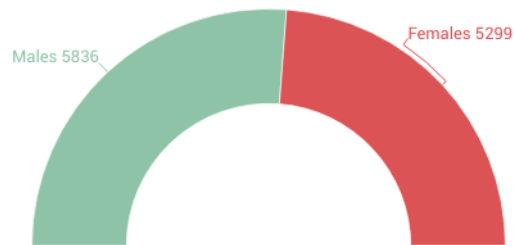
A major milestone for the programme was the completion of summary reports, prepared from clinical activity data that was provided by each hospital on the delivery of the NCPSHI programme within the ED setting. Each hospital has now been sent its own report.

NCPSHI 2018-2022

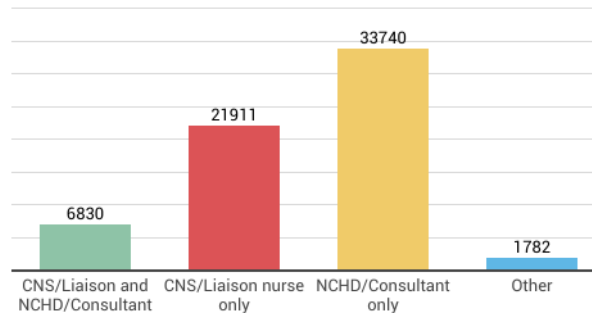
Total number of presentations	Assessed presentations	Assessed with suicide-related ideation	Currently attending mental health services (of those assessed)
72.126	89% (n=64.493)	49% (n=31.491)	36%

Admitted to an approved centre

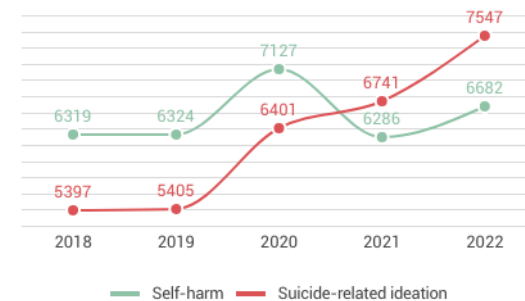
(n=11.148)



Assessed by



Self-harm vs suicide-related ideation NCPSHI presentations



IMPLEMENTATION ADVISORY GROUP

Purpose

- To advise the National Clinical Programme Team on;
- the complete implementation of the clinical programme as described in the Model of care
- the mainstreaming and sustainability of the clinical programme into mental health service operations, ensuring that standards are maintained and evaluated.

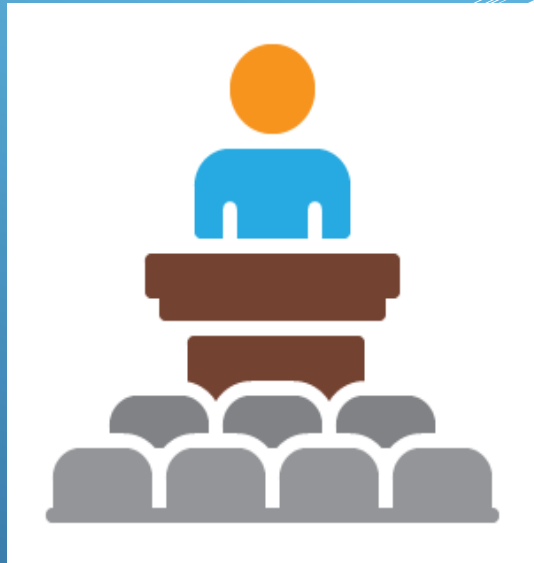
Membership

- National Clinical Lead – Dr. Vincent Russell; Programme Manager – Ms. Rhona Jennings National Nurse Lead (ADON)- Sally LoveJoy; Consultant in Emergency Medicine from EMP; Area Director of Nursing Group Mental Health (Adult/CAMHS); Executive Clinical Director; Clinical Nurse Specialist ED (2); Heads of Service Mental Health (CHO) Group; Service Development Advocate; Experts by experience - HSE Engagement Office; Consultant in Old Age Psychiatry; Clinical Director CAMHS; SCAN nurses (2); Consultant psychiatrist; – adult; Drug and alcohol liaison rep; Social Worker; NSRF Reps (2)

Outputs

- Approved SCAN Operational Guidance Document
- Working towards completion of the revised Operational Guidance Document for presentations to the Emergency Department
- Guided project on the Audit for Menatal Health Assessment Rooms in the ED
- Guided Education and Training outputs
- Guided data collection tools and methods
- Guided recruitment

PRESENTATIONS



FEBRUARY: Ms Sally Lovejoy presented on the NCP SHI at the Grand Rounds Limerick

OCTOBER: Dr Katerina Kavalidou travelled to Barcelona to present on the NCP SHI study with Irish Traveller Women

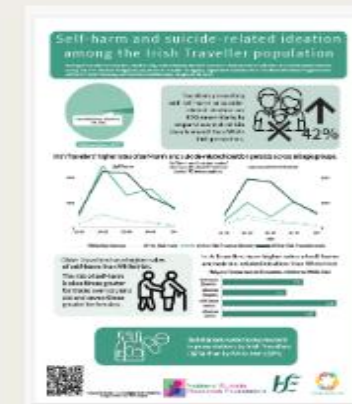
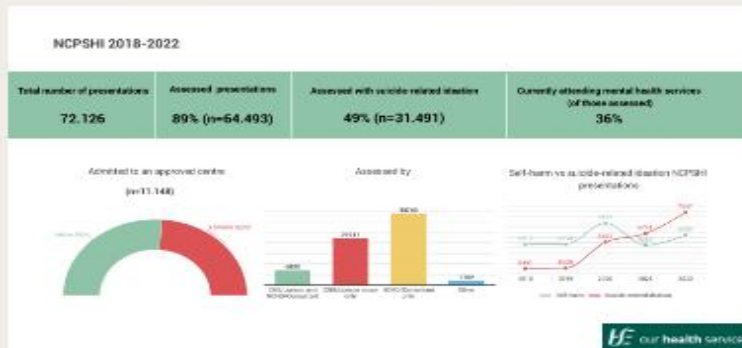
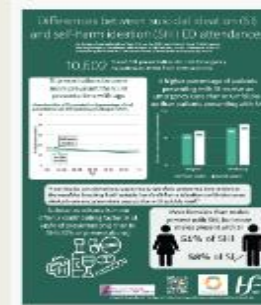
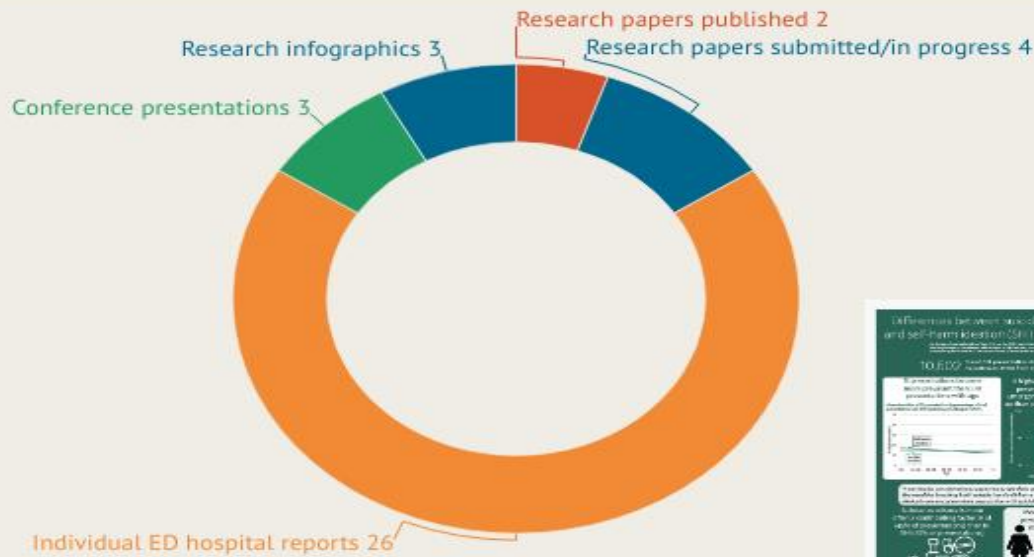
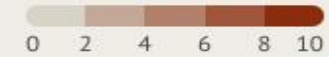
NOVEMBER: Prof. Vincent Russell presented at the NCP conference – Dublin

NOVEMBER: Ms Sally Lovejoy presented at the Nursing Midwifery Mental Health Conference which was hosted by the ONMSD. The presentation was on the NCP SHI and SCAN service - Dublin

NCPSHI RESEARCH OUTPUTS

National Clinical Programme for Self-Harm and Suicide-related Ideation (NCPSHI)

NCPSHI Research and report outputs 2023



> Soc Psychiatry Psychiatr Epidemiol. 2023 Jun;58(6):883-891. doi: 10.1007/s00127-023-02439-7. Epub 2023 Feb 17.

Presentations of self-harm and suicide-related ideation among the Irish Traveller indigenous population to hospital emergency departments: evidence from the National Clinical Programme for self-harm

Katerina Kavalidou ^{1, 2}, Caroline Daly ³, Niall McTernan ³, Paul Corcoran ^{3, 4}

Affiliations + expand

PMID: 36797373 DOI: 10.1007/s00127-023-02439-7

Abstract

Purpose: Previous research has examined the suicide risk of the Irish Traveller population, but less is known about self-harm and suicidal ideation among this ethnic minority group, which are established risk factors for suicide. The aim of the current study was to compare the presentation-based self-harm and suicide-related ideation of Traveller to non-Traveller patients and describe any ethnic disparities in the aftercare of their presentation.

Methods: Data were obtained from the service improvement database of an Irish dedicated national



International Journal of
Mental Health Nursing

ORIGINAL ARTICLE | Full Access

Profile of people attending emergency departments with thoughts of self-harm and suicide: A descriptive study of a nurse-led programme in Ireland

Katerina Kavalidou Tiago C. Zortea, Eve Griffin, M. Isabela Troya

First published: 29 March 2023 | <https://doi.org/10.1111/inm.13146>

St Vincent's Hospital

SECTIONS

PDF TOOLS SHAR

Abstract

Increasing research has been conducted on individuals presenting with self-harm at emergency departments (EDs). However, less is known about individuals presenting to EDs with only self-harm ideation. We aimed to describe the characteristics of those attending Irish hospitals with self-harm ideation and investigate any differences in comparison to those presenting with suicide ideation. A prospective cohort study was conducted on Irish ED presentations due to suicidal and self-harm ideation. Data were obtained from the service improvement data set of a dedicated nurse-led National Clinical programme for the assessment of those presenting to Irish emergency

OTHER RESEARCH OUTPUTS FROM THE NCP SHI TEAM

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doi: 10.1017/S1041610223000856

Hospital-presenting self-harm among older adults living in Ireland: a 13-year trend analysis from the National Self-Harm Registry Ireland

M. Isabela Troya,^{1,2} Eve Griffin,^{1,2} Ella Arensman,^{1,2,3} Eugene Cassidy,⁴ Faraz Mughal,⁵ Caoimhe Ni Lonergan,⁴ James O'Mahony,⁶ Sally Lovejoy,⁷ Mark Ward,⁸ and Paul Corcoran^{1,2}

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⁶School of Nursing and Midwifery, University College Cork, Cork, Ireland

⁷National Clinical Programme for Self-Harm and Suicide-related Ideation, Office of the National Clinical Advisor and Group Lead, Dr. Steevens Hospital, Dublin, Ireland

⁸The Irish Longitudinal Study on Ageing, Trinity College Dublin, Dublin, Ireland



Irish
Probable Suicide Deaths
Study - IPSDS

2015–2018

HSE National Office for Suicide Prevention (NOSP)



TRAINING AND EDUCATION

**ED Train the
Trainer
Completed by
12 nurses**

**SAMAGH TRAINING
Completed by 3 clinicians**

20

**Clinicians completed
DBT Module ONE**

17

**Clinicians completed
DBT Module Two**

32

**Clinicians completed
STORM TRAINING**

22ND MARCH 2023

NCP SHI held its first annual in-person education and training event since the Covid-19 pandemic. The event was held in the Ashling Hotel, Dublin. We thoroughly enjoyed the opportunity to participate in the in-person training and education sessions with colleagues from across the country.

The Covid-19 pandemic was demanding and difficult for everyone, and the event was a welcomed breath of fresh air. It gave everyone the opportunity to have time away from clinical practice, catch –up with colleagues and network to make new connections.

'SPOTLIGHT ON FOLLOW-UP CALLS'

Experiences of the Sligo team and research presented by Dr Katerina Kavalidou.

'SPOTLIGHT ON NEURODIVERSITY'

Autistic Spectrum Disorder and its Relevance to Self-Harm Presentations – Dr Niamh Farrelly, Consultant Psychiatrist.

ADHD in Adults: Comorbid mental Health Disorders and self-harm – Dr Aiveen Kirley Consultant Psychiatrist and Professor Jessica Bramham Professor of Clinical Neuropsychology.

TRAINING AND EDUCATION

24TH & 25TH OCTOBER 2023

NCP SHI held its second annual in-person education and training event for the year in The Hilton Hotel, Dublin. Mental Health teams from across the HSE that are implementing the NCP SHI in the ED and across primary care attended. Over 70 clinicians from a variety of disciplines joined over the two days.

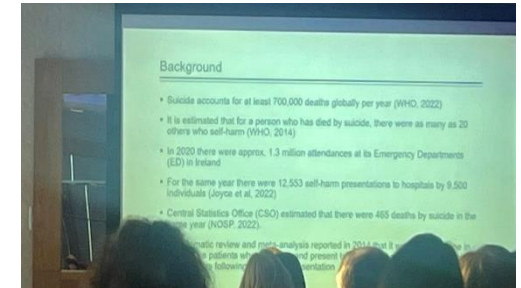
The event was scheduled to be inaugurated by Dr Colm Henry, Chief Clinical Officer, presentations by Rachel Kenna, Chief Nursing Officer DOH, unfortunately both were called away to support government matters arising at the time. Dr Amir Niazi, NCAGL stepped in to open and was followed up with a presentation by Helen Corrigan, Nursing Project Officer in the Chief Nursing Office for the DOH.



The afternoon session centred on research outputs by NSRF collaborators and presentations from NGO affiliates.



The morning masterclasses focused on **‘Showcasing Good Clinical Practice’**, saw presentations from many services across the county on various key programme objectives.



Siobhan O’Carroll, shared a poignant and impactful personal family narrative that evoke strong emotions among the audience.

We all extend our gratitude to Siobhan for sharing her story.

MONTHLY ONLINE EDUCATION SESSIONS

<p>This year we continued to consolidate our learning approaches, offering transformative learning experiences using online education forums. This ensures education is accessible to all.</p>		<p><i>Dr Isabela Troya (NSRF)</i> ‘Examining individual & psychosocial determinants of self-harm & suicidality in older adults: improving risk assessment & management.’</p>	
	<p>“Self-harm in Older people & case studies.” <i>Prof Geraldine McCarthy Consultant Old Age Psychiatrist National Clinical Lead MHSOP & Dr Ashok Godavarthi</i></p>		<p>‘Traveller Mental Health’ <i>Geraldine McDonnell, Community Development Mental Health Worker, Pavee Point Patrick Reilly, Mental Health Advocacy Co-Ordinator.</i></p>
<p>Recognizing and responding to the impacts of domestic abuse on women. <i>Niamh Wilson, Women’s Aid</i></p>		<p>“PRISM STUDY” <i>Eve Griffin, Grace Cully, Selena O’Connell UCC,NSRF</i></p>	
	<p>Understanding the mental health challenges for women from the Traveller community presenting to emergency departments with suicidal ideation in Ireland. <i>Dr Katerina Kavalidou, Dr Isabela Troya and Dr James O’Mahony</i></p>		

INTERNATIONAL CONFERENCE

NCP SHI was awarded a research grant from the Department of Health.

To Explore the Experiences of the Indigenous Irish Traveller Women when Presenting to Emergency Departments with Suicidal Ideation in the Republic of Ireland.

Dr Katerina Kavalidou travelled to Barcelona to present this study at the International Academy of Suicide Research.

To Explore the Experiences of the Indigenous Irish Traveller Women when Presenting to Emergency Departments with Suicidal Ideation in the Republic of Ireland.
Dr Kavalidou Katerina*, Dr Isabela Troya, Dr James O'Mahony
NCP SHI, HSE, Ireland E: katerina.kavalidou@ucc.ie

There are multiple health disparities between the Irish Traveller and the non-Traveller population, most notably that Traveller people have a significantly lower life expectancy (Traveller males: 62, females: 70; Non-Traveller males: 78, females: 83). A recent national study on all 24/7 emergency departments (ED) indicated that Traveller female patients had 3.04 (95% CI 2.51-3.68) higher risk for suicide-related ideation, compared to White Irish women.

Background

Hospital presented suicide-related ideation of Irish Traveller women x3, compared to White Irish women.

Hospital presented self-harm of Irish Traveller women x4, compared to White Irish women.

The risk of both ideation and acts is increasing with age for Traveller females and the highest risk is seen in those 50 years and older (suicide-related ideation: 7.67 (95% CI 4.60-12.78)

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The aim of the current 9 month project was to explore the experiences of Traveller women reaching Irish EDs for thoughts of suicide or self-harm. The findings of this study will help understand the appropriate suicide interventions needed for this minority group of women and recommend further policy for suicide and self-harm prevention for Traveller women.

Methodology: A qualitative research design will be used to answer the study's research objectives, using interpretative Phenomenological Analysis (IPA) via in-depth interviews with Irish Traveller women presenting with suicidal ideation or self-harm ideation to participating hospitals in Ireland. Eleven ED services, with a proportion of 3% or more Traveller women presentations between 2018-2021 were chosen from the database of the National Clinical Programme for Self-Harm and Suicide-related Ideation (NCP SHI), for recruiting participants for subsequent interviews.

Ethical approval: Between April and August 2023, 4 ethics committees (out of 7 approached and submitted documents to) have approved the recruitment of Traveller women after being assessed at the ED level for thoughts of suicide or thoughts of self-harm.

Galway university hospital ethics committee Approved
Letterkenny University hospital ethics committee Approved
Research ethics committee Midlands Approved
University hospital, Limerick research ethics committee Approved

Ongoing process and obstacles: Between June and September 2023, only 1 participant has contacted the research team, with interest to be interviewed for this study. Main issues arising from the side of participant was to conduct the interview face to face instead through a video or phone call.

The low number of participation may be influenced by a number of factors, based on ongoing discussions with Traveller organisations working with Irish Traveller women with lived experience of mental illness.

Fear of affecting their social care, regarding their children

Bias and negative attitudes towards the Traveller community from the side of the clinicians approaching Traveller women after assessment

Lack of confidence from the clinical self-harm nurses of selected EDs into reporting information about the ethnic background question when assessing Traveller women

EMERGENCY MEDICINES PROGRAMME (EMP) AND NCPSHI

The overarching aim of both Clinical Programmes is to improve the safety and quality of patient care in EDs and to reduce waiting times for patients. Both programmes recommend ensuring clarity of communication between the ED staff and the mental health staff who are providing psychiatric services. The aim should be to improve access to mental health when needed, and to ensure that all patients have access to medical care.

- EMP and NCPSHI are working together to improve access and quality of the mental health assessment rooms within the main ED
- Following the completion of an audit by the NCPSHI the findings were a cause for concern. Eight hospitals were without a suitable mental health assessment room within the main ED. The audit showed deterioration in the quality of the assessment room in other hospitals
- Reports for each hospital group were completed by NCPSHI
- Joint letters signed by the clinical leads from both EMP and NCPSHI are to be sent to each of the eight hospitals
- These letters are awaiting circulation through higher HSE offices
- Joint visits by the EMP and NCPSHI to the eight hospitals will be organised for 2024
- A number of hospitals are in the process of redevelopment of their ED. EMP and NCPSHI are jointly working with these hospitals to ensure mental health assessment rooms are incorporated from the start rather than retrofitting.
- ED Train the Trainer programme will continue to be offered in 2024



NCPSHI: NATIONAL POLICY IMPLEMENTATION



NCPSHI contributes quarterly feedback to Sharing the Vision recommendations 22 and 23 and Connecting for Life.



RESEARCH COLLABORATION

In 2023 NCP SHI continued its research collaboration.



PRoviding Improved care for Self-harM: a mixed-methods study of intervention, economic and implementation outcomes from a national clinical programme – PRISM

In 2019, the Health Research Board's Emerging Investigators Award programme awarded funding, for a four-year programme.

The project is a collaboration between University College Cork, National Suicide Research Foundation and the Irish Health Service Executive. The project commenced in September 2019, and will be funded until August 2023.

Dr Katerina Kavalidou is a member of the Advisory Group. Professor Vincent Russell, Ms Rhona Jennings and Ms Sally Lovejoy are collaborators and co-authors.



SHOAR is a two-year study led by Dr Isabela Troya, funded by a Government of Ireland Fellowship (2022-2024). SHOAR aims to examine individual and psychosocial determinants of self-harm in older adults to improve risk assessment and management of self-harm in later life.

Professor Vincent Russell and Ms Sally Lovejoy are members of the Advisory Group. Dr Katerina Kavalidou is a collaborator.

RESEARCH COLLABORATION



Professor Vincent Russell and Dr Katerina Kavalidou are collaborating on both self-harm and suicide-related ideation presentations with Dr Anne Doherty. Dr Doherty is Associate Professor, School of Medicine, University College Dublin and Consultant Liaison Psychiatrist in the Mater Misericordiae University Hospital, Dublin.



Professor Vincent Russell, Dr Katerina Kavalidou, Dr James O'Mahoney and Ms Sally Lovejoy are collaborating with Professor Fiona McNicholas on Under 18 presentations to the Emergency Department. Prof Fiona McNicholas is a Consultant in Child and Adolescent Psychiatry in Lucena Clinic, Rathgar and Our Lady's Hospital for Sick Children, Crumlin. She is Professor of Child and Adolescent Psychiatry, School of Medicine at University College Dublin.



WE LOOK FORWARD TO CONTINUING THE WORK IN 2024

